



The Circle of Chaos

There is such a thing as Chaos Theory, and I vaguely understand it. I also know that after entropy occurs there is often new growth. Simply put, once we've endured bunches of shit we get used to it and can endure more shit.

At Floydian Therapy we believe there are circles to actions, and that multiple people enter these circles.

Circles of Chaos, and all of us with different abilities to handle chaos; that is, we each as individuals have our own levels of endurance of just how much INPUT we can handle. All we get is input, from voice, to email to TV, and with people. You know the drill. The more you work and are closer to "on the grid" the more you have input. Your ability to filter this input and how you deal with it defines the amount of "stress you feel".

Stress is an emotion, not a physical condition. It becomes physiological in response, but begins with brain wave movements, all based on how one is handling input.

When we create or enter drama situations, the circle of chaos is immediate and all pervasive. You have been there, or you are there. Interaction within a circle of certain people is not just interaction, but drama. It tolls on you. This is a circle of chaos, and you are in it.

Most of us spend the majority of our time in the past, or the future. The present is not as real to us, even though we may think it is. We fill the present with "things, events, work, action, and input", and during that time "remember" the past, or spend more time planning the future. We create scenarios around our FEARS, whatever they are, as we imagine the future, and build our present around what we want to not make happen in the future.

As we "live" we remember what "was" (or our memory of it) and transition what we know to what we are doing, and assimilate more as we "are". It is during this period of the present that our own circle of chaos begins. We each allow ourselves to live our work, our lives, and be in "dramas". Most of these dramas do not need to be. Surely, "a

brain tumor, or a broken leg” is a crisis, creates a drama. Other dramas that we so quickly enter the circle on only add to our thresholds of input. Every day we have these dramas: Mom needs medicine, Billy broke his toe, John is a meth addict and ripping the family apart, the pharmacy won't fill the prescription-how you SEE each of these events defines the consequences, by how much drama you allow in it.

There is only so much input any mind or body can take. We each have our overload points. There is the theory of entropy that simply states “the more we handle the more we can handle”, and it drives scientifically into the entire theory of chaos.

Floydian Therapy simplifies this.

Learn where your threshold is. Know when you hit overload. Learn how to stop yourself.

Sorry, it's that simple. And it is easier to do than you think.

1. Figure out how much you do that you really don't want to do, and honestly don't have to . This is the hard one. We spend much of our lives, I teach, doing what we do not want to do. Some of this we must do. (Clean the toilet, buy food). Some of it we do not have to do (Jerry did this, and Connie did that, and now Mary is mad at Jerry, and they want you to have dinner with Linda with them, and they are all tired of how this keeps happening)
2. Tell everyone you are not going to be in this circle of chaos, and say no. Recognize there are consequences to this decision, as there are to each decision we make, and know in advance how you will ACT, not react.
3. Find what chaos you simply do not handle well. To do this, go outside yourself (the silent witness) and watch YOU, and amuse yourself with what situations cause you chaos, which creates stress. And then, change or do not allow that chaos.

Much of our lives we build endurances. Some of these can be good, as in athletics and building strengths, or being “able to handle more”, but there is a point you must step back from yourself to watch the “input” that you are processing.

The human mind can only successfully process 5 to 6 things at one time.

As we “blackberryize” and “ipod” our lives with new input, with cell phones, and internet, note that this is more input, and that it can add to the circles of chaos that you are part of and create.

The solutions are in identification, and being able to “see yourself” out of yourself.

This method of silent witness is a way to detach yourself from your thoughts and actions to be able to see how you are really acting. It is much like making a list of every single thing you do for a day, something I recommend everyone do. Write down a single day,

or better yet, a week, from the morning crap to the phone calls, meals, fights, and what drama took over your day, and how you acted to it.

This is the circle of chaos, of which you control the outset, and must be aware of foremost as a person.

Define your threshold and know your endurance. Work and live to what you WANT.

for more information about Floydian Therapy, contact us at floydiantherapy@gmail.com